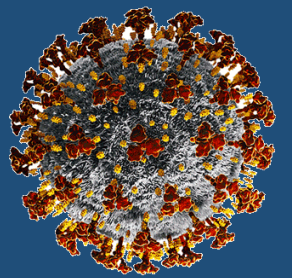




# USARAK COVID-19 UPDATE

## “BLUE BLAST”

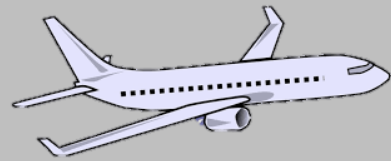
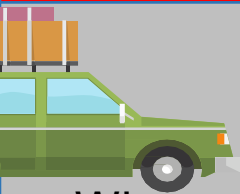
As of 23 October 2020 Volume 1



### CURRENT TOP LOCAL AREAS OF CONCERN

1 North Pole, 2 Fairbanks, 3 Anchorage, 4 Wasilla, 5 Chugiak, 6 Palmer, 7 Eagle River

### Travel Guidance



#### 14 Day Restriction of Movement Information

- When arriving from outside Alaska, activity duty Soldiers will take a free COVID test at the airport by showing their CAC and then begin a 14-day ROM. Soldiers will report their test results to their chain of command on the day they receive it.
- While in ROM you may leave your ROM location to get fresh air or exercise in VERY CLOSE PROXIMITY to your lodging.
- You may leave your ROM location to obtain food and other essential items if those items can be obtained contact free.
- Barracks occupants WILL ROM in barracks.
- ROM PERSONNEL MUST WEAR A CLOTH FACE MASK AT ALL TIMES WHEN OUTSIDE LODGING.

Report any COVID-19 Symptoms to your Medical Treatment Facility and your Chain of Command:

There is no need to call ahead for testing!



#### Testing Location Information:

- JBER's Respiratory Clinic is open seven days a week from 0700-1500.
- Fort Wainwright's Bassett Hospital is open Monday-Friday 0800-1600 and Saturday-Sunday 0900-1100.
- Free testing is available at the Fairbanks Airport long-term parking lot from 1000-1600 daily.
- For questions call 907-361-3057 during daytime hours and 800-874-2273 after hours for the Tricare Nurse Advice Line.



# If you feel sick, please stay home!!!



#### USARAK Leave Approval Authorities

**Local Leave:** Company/Battery/Troop Commanders

**Medium and Low Risk CONUS Leave:** BN Commander

**International Leave & High Risk CONUS Leave:** O6 Commander

